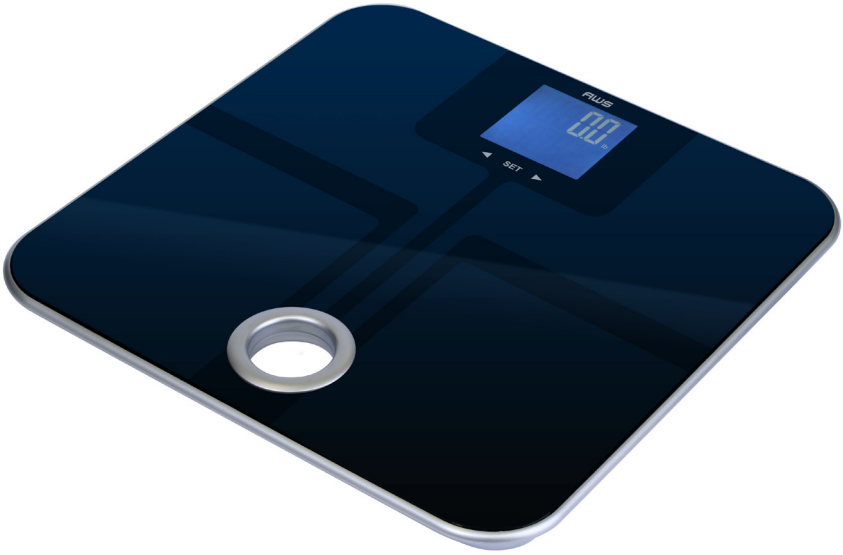
AWS

MERCURY **SL** User Manual



MSL-180 (396lb x 0.2lb)

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MERCURY SL

Thank you for purchasing the American Weigh MERCURY SL digital body fat scale. Please read all operating instructions carefully before use. Scales are precision measuring devices and should always be handled with proper care. To ensure years of reliable service, keep these simple tips in mind:

Weighing Tips

- Do not weigh on carpet. Hard floors provide the best weighing surface. Slanted or uneven surfaces should also be avoided.
- For best results, weigh yourself after waking up in the morning each day. This will give you a more accurate picture of your weight trend. Your weight can fluctuate greatly throughout the day.
- For repeatable results, stand as still as possible when weighing, with your weight centered on the platform.
- Keep the area under and around the scale clear. Inaccuracy can arise from items lodged under the platform.

Care Tips

- Clean the scale with a slightly damp cloth. Do not use harsh solvents.
- To avoid leakage, remove the batteries when storing the scale for extended periods of time.
- Avoid dropping your scale. The warranty does not cover damage due to rough treatment.
- Check the batteries first if you are having any trouble with your scale. This simple step can remedy most scale issues.
- Store your scale in a clean, dry location. Dust, dirt, and moisture can accumulate on the weighing sensors and electronics causing inaccuracy of malfunction.

Special Note on Body Fat Scales

This scale uses bioelectrical impedance analysis (BIA) to calculate body fat %. This technology works by measuring the resistance (impedance) of small electrical currents through the body. When the user's height and body impedance are known, the scale can accurately determine total body water (TBW) and fat-free mass (FFM). Fat-free mass is then subtracted from your total body weight to obtain your body fat mass.

This scale should be used while barefoot. Measurement errors can arise if weighing while wearing socks or pantyhose. To avoid slipping, do not step on the scale with wet feet. Do not use the scale on carpet. Be sure your feet are properly aligned with the heel and ball-of-foot electrodes on the scale.

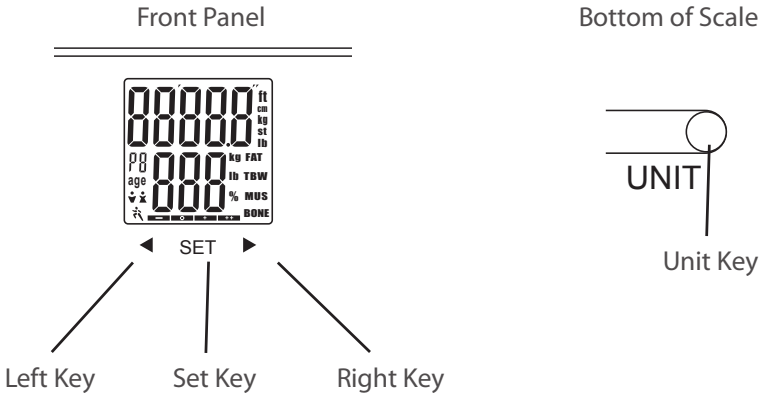
The BIA method assumes that your body is within normal hydration ranges. Do not use the scale after drinking alcohol or caffeine excessively as these can affect your hydration levels and degrade the body fat analyzers accuracy. Other factors that can affect hydration include exercise, certain medications, diuretics, illness, and menstrual cycle in women. For best results, you should weigh unclothed wait a few hours after waking, exercising, or eating to use the body fat analyzer. The results of this body fat analyzer should be used as a guide to monitor changes in your fitness over some period of time. Accuracy will depend on consistency in your weighing routine.

WARNING: This scale's body fat analysis feature passes a small, safe electrical current through the body but should not be used by those with medical implants such as pacemakers or women with IUDs.

I. Part List

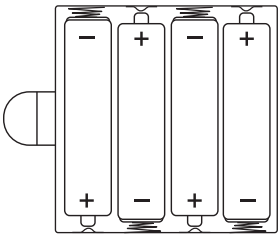
1. Scale
2. AAA Batteries (x4)

II. Key Description



III. Battery Installation

1. Before using the scale for the first time, check the battery compartment and remove any plastic insulation strips or packaging that may be in place to prevent battery drainage during shipping/storage.
2. If you are replacing the batteries, make sure the positive and negative contacts are properly aligned.



IV. Scale Only Operation

1. Place the scale on a flat, level surface. Do not weigh on carpet as it may affect the accuracy.
2. Step onto the platform. Once the weight has stabilized, it will be locked on the display.
3. The scale will turn off automatically after 10 seconds of non-use.

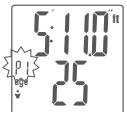
V. Changing the Unit of Measure

1. Press the **UNIT** key on the bottom of the scale to change the scale's displayed unit of measure.
2. If the scale is turned off then back on, it will default to the last unit used.

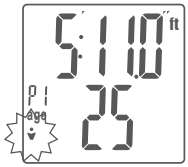
- **MSL-180 Units:** kg (Kilogram) ▸ lb (Pound) ▸ st:lb (UK Stone:Pound)

VI. Entering Personal Data

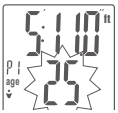
1. Press the **SET** key to enter setup mode. The user ID no. will begin to flash.
2. **User ID. Number:** Use the ◀ or ▶ key to select the desired user ID no. (1~8). Touch the **SET** key to confirm.
3. **Gender and Athlete Mode:** Use the ◀ or ▶ key to select your gender and athlete mode. Touch the **SET** key to confirm.



Symbol	Description
	male
	female
	athlete



4. **Height:** Use the ◀ or ▶ key to select your height. Touch the **SET** key to confirm.



5. **Age:** Use the ◀ or ▶ key to select your age Touch the **SET** key to confirm

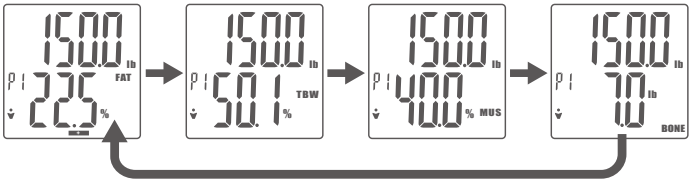
6. Your personal data data will be saved and the scale will display “0.0”, indicating it is ready to begin weighing.

NOTE: If there is no input for 20 seconds during setup mode, the scale will return to normal weighing

VII. Obtaining Body Fat Measurement

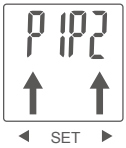
1. Place the scale on a flat, level surface. Do not weigh on carpet as it may affect the accuracy.
2. Touch the SET key to turn the scale on then use ◀ or ▶ to select your user ID no.
3. Wait for the display to show “0.0”
4. Stand on the platform with bare feet. Once the weight has stabilized, it will be locked on the display.
5. Body fat analysis will now commence as the display shows a moving “o”.

6. When analysis is complete, the body fat data will cycle on the display three times before the scale turns off.



x3

7. For future weighings, the scale will remember you based on weight and automatically select the correct user ID no.
8. If there are two users with similar weights, the scale will prompt you to select the correct user ID no. using the ◀ or ▶ key before commencing with body fat analysis.



VIII. Body Fat Analysis Information

Body Fat Level Indicators

Symbol	Description
—	Underweight
o	Healthy
+	Overweight
++	Obese

Body Fat %

Age	Female				Male			
	Under-weight	Healthy	Over-weight	Obese	Under-weight	Healthy	Over-weight	Obese
<39	<21	21.1-33	33.1-39	>39	<8	8.1-20	20.1-25	>25
40-59	<23	23.1-34	34.1-40	>40	<11	11.1-22	22.1-28	>28
60+	<24	24.1-36	36.1-42	>42	<13	13.1-25	25.1-30	>30

Body Water %

Age	Female			Male		
	Low	Normal	High	Low	Normal	High
10-15	<57	57.1-67	>67	<58	58.1-72	>72
16-30	<47	47.1-57	>57	<53	53.1-67	>67
31-60	<42	42.1	>52	<47	47.1-61	>61
61-80	<37	37.1-47	>47	<42	42.1-56	>56

Body Muscle %

Age	Female	Male
	Healthy	Healthy
6~100	>34	>40

Bone Mass

	Female			Male		
Weight	<100lb	100-130lb	>130lb	<130lb	130-165	>165lb
Bone	4lb	4.8lb	5.5lb	5.5lb	6.4lb	7lb

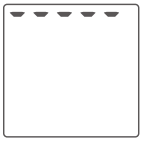
IX. Reminders

- **Do not use this scale on carpet.**
- **For body fat analysis, be sure to stand on the scale with bare feet. Do not use socks.**
- **When storing the scale for long periods of time, remove the batteries to prevent leakage.**
- **Clean the scale with a slightly damp cloth. Do not use strong chemicals or abrasives.**
- **This scale's measurements are meant to be used as a guide to maintaining a healthy lifestyle. They should not be used as a substitute for professional assessment.**
- **The body fat analyzer is not calibrated for pregnant women or young children under ten years old and will not yield accurate results for these groups**

X. Error Codes

1. **Lo** - Batteries are low. Replace the batteries.

2. **-----** - Maximum capacity exceeded. This scale cannot be used to give measurements over 396lbs.



XI. Specifications

	MSL-180
Max. Capacity	396lb / 180kg / 28st
Readability	0.2lb / 0.1kg / 0.2lb
Power	4 x AAA
Dimensions	12.6 x 12.6 x 0.9”
Platform Dimensions	12.6 x 12.6”
Warranty	10 Year Limited Warranty

American Weigh Scales, Inc.
Norcross, GA 30092, U.S.A
Made in China to our exact specifications and quality control.